

## **Blind over matter: why the mind does not hold the answers, only the questions.**

We are all used to the phrase “mind over matter”, it’s often used in situations where there is a belief that the “power of the mind” can overcome obstacles, be they insurmountable odds which seem to need to be willfully blasted through or sometimes the idea that the power of the mind can bend spoons and the like, such as the truly amazing world of Uri Geller. However something is awry here, what has this got to do with life? Why is mind so important, what is gained from being able to bend a spoon (apart from when Uri has been round) and what indeed does this have to do with mind?

First it's a good idea to explore our language. Mind can mean a lot of things to a lot of people but to most of us in the western world it usually has something to do with the head and the brain. Of course in the ancient world the word “mind” didn't exist, it was more associated with “spirit” or the ethereal and non-physical quality or “yang” in Chinese terms, which was on a spectrum with “yin” which is a more dense or form-like substance. One could say it is like a hard object relative to the air. The form-based quality was yin. So for example if we take the idea of mind to be spirit (which is a long shot considering the very narrow perspective through which the modern westerner views the “mind”) then as a result we could rephrase the sentence “mind over matter” to be “spirit over body” or “yang over yin”. There are those who express “mind” to mean “universal-mind” which is a kind of conscious-awareness that makes up both yin and yang qualities above, but again this assumes an “intelligence” in the way we assume things to be “conscious” or “unconscious”. When the cognitive-analytical “self” is dissolved, all that is left is a non-observable state of Unknown. So-called “conscious-awareness” of universal-mind assumes a “self” at the centre of an intelligence of grand observer, making the decisions, much like a huge cosmic brain. The Universe occurs for no reason and is utterly unreasonable. To use “universal-mind” as a way of explaining this assumes premises that it is not aware of. Also neuroscientists are realizing that the brain itself doesn't have a “self” at the centre, its all happening in fact by itself!

One of the key points for us to understand about the ancient world is the importance and relevance of the mother, or the archetypal female. This is also synonymous with the idea of yin. As corroborated by all of the ancient world, from nigh on 24000BC with the Venus of Willendorf and other expressions of ancient femininity, it is almost certain that society was fundamentally based around a matriarchal understanding, although it is more than likely to have been the masculine that began this idealism, breaking away from a simply natural connection. As explained by Christopher Ryan and Cacilda Jetha in their key book “Sex at Dawn” our closest ancestor in the primate family, the Bonobo or Pygmy chimpanzee has its base in a matriarchal existence. The reason for this is simple. Man is born of woman, woman is born of woman, the female quality is always the origin and it was known that this is an echo of the Origin or in modern terms “big-bang” itself and all of the expressions thereafter. Life’s origin was known to be related to the mother and the mother was the earth, she was the body and particularly the lower body, legs and feet, whereas the masculine was the upper body and head. If we look at the archetypal male and female and see where their strengths are, women naturally have more density,

natural strength and focus into their legs and men more easily are stronger in the upper body.

This is why, when expressing the nature of the universe, the Chinese always describe the universal principle as “yinyang”. It is firstly One word, so Oneness is implied, but also ALWAYS yin is before yang which is secondary. This spectrum can also be described as bodyspirit or in modern terminology bodymind, but never mind-body.

The problem with the modern day inventions of psychology and other approaches to understanding the human from the western perspective is that they are all very top-down. This is not to say that the head doesn't influence the body or the body doesn't influence the head, but the nature of the analytic mind and its “intention” is all secondary, and the body is primary. In the west it is always the mind or the “above” that controls or takes over from the body below and most intellectuals and people of a certain nature will feel that they are kind of floating upward without anything connecting them below. This also is the basis of the human dis-ease state or the human-condition. When there is no connection to the earth or the yin-mother there is dissociation from reality. There is a belief that the world can occur entirely in the head, an imaginary world so to speak. There is also the notion that this imaginary world is as real as anything else, in a way there is an attempt to verify the imagination and the images of mind as being separate from the physical that is then verified as being an actuality. However, this would be to verify the idea of “self”, of “me” as a reality which it isn't.

The point is that the functional expression of the mind and imagination and memory is only truly functional when it is connected to the earth. The sky is not relevant if not bound to the earth and the earth creates the possibility for the sky to occur. Yin and yang of course are one thing, they cannot be split, but to suggest the nature of “mind over matter” is really to ignore the nature of the yin and to live in a very yang-dominated way, which is essentially the social model within which we are now existing. The nature of the world of industry, money and power all seems like the accumulation of material things but really this is the domination of the male over the yin. Material things are not able to be owned by anyone so materialism as such is an overbalance of yang to yin. In humans, yin is always in the deficit, they are like an aggressive flame burning up the earth and the yin is simply the all-accepting earth that just allows.

This brings a new twist to the writhing agony of modern medicine as they realize they cannot stick to their old ways of describing the body and how it works. With the new era of epigenetics and understanding that issues which form inside (genetics) and outside (epigenetic) are both part of the same continuum, this poses more and more problems for the modern scientist. Not only is the epigenetic language unformed but for people like Bruce Lipton who is one of the founder members of the epigenetic movement he informs us that it is actually “belief” which modifies the genes and creates the new possibilities of a peaceful world. But soon this too will fail as an explanation because there are those things that are beyond belief. Fundamentally the human is an animal and it is this unpalatable reality that people have difficulty in accepting and which they have been

trying to avoid for thousands of years. They are fearful, due to the enormous weight of mind on their shoulders, that “self” may be obliterated.

But soon with the insights of modern physics the neutrino will lead the way into the 2012 apocalypse of the ideology of the old colonial top-heavy human. Although we are now being bombarded with ideas of “mind-body medicine” and ways of “thinking” that can enhance life, this is actually just another game that has to be played out until eventually we return home. The body and the sense are the oldest expressions of our beings yet constantly these are overlooked and replaced by the crown emperor on the top of the shoulders, the brain, and more specifically the neo-cortex of the brain where all the analysis of short-circuiting the “self” comes into existence.

When this starts to collapse, which it surely has to, there will no further interest in creating one peaceful world, in altruism, or empathetic connection, or any other kind of man-made ideology that imposes or intervenes with life simply being as it is. Instead there will be less and less of a battle, instead of rioting and making passive-aggressive (also known as “peaceful”) demonstrations about the way governments are run and how things ought to be better, slowly the movement will be to draw to the innermost sense of the body, literally what’s going on right now in the 5-sense experience of the world, highlighting the nagging question of “who it is that is really experiencing this?”. The nature of mind over matter is a blindness that cannot perpetuate. The bending spoons maybe a possibly brilliant metaphysical augmentation of matter and the intention to do such a thing that could be used to “harness the world consciousness” which is the new-age ideology also similarly expressed in Rhonda Byrne’s “The Secret”. However it is only when all of this becomes known to be unnecessary and instead one becomes naturally interested in merely the wind or the heartbeat or breath or sound of utter silence, when these take precedence, then the world will change. This will not happen because it is intended to do so but because of a realisation that what already *is*, is enough, and that our expression is one with the whole universal celebration of life. It is only when each of us, whatever our expression, connects to the feet and body and stands again as part of the earth that the so-called “higher-functions” become contextualized and with that comes the recognition, as Joseph Campbell once said, that the body is the primary organ and from this the mind is born, not the other way around. Then the colonialization of the body will be lessened and the disregard for the yin-female expression will be at last put to rest.

Even today with the whole new-age spiritual and new-science idealism, there is still a constant blindness over the body. Until there is realization we have been living in a bubble or living with the hallucination of the fruit of the tree of knowledge in front of us for our whole existence, with our upper body sense distorted by “self” we will not be able feel the earth beneath our feet...



“Son of Man” by Rene Magritte

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